# The 22-Day Revolution: The Plant-Based Programme That Will Transform Your Body, Reset Your Habits, and Change Your Life

By Marco Borges

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The 22-Day Revolution: The Plant-Based Programme That Will Transform Your Body, Reset Your Habits, and Change Your Life, Marco Borges, Join the revolution! From the fitness and nutrition guru who transformed the diets of Beyonce, Jay-Z and Pharrell Williams comes practical advice and tools for switching to a plant-based lifestyle. Includes more than 65 healthy and delicious vegan recipes to help transform your life and body in just 22 days. If you want lose weight, if you want to be fitter and stronger than ever before, The 22-Day Revolution is the answer. Founded on the principle that it takes 21 days to make or break a habit - 'with 22 Days, you've found the way', as Jay-Z puts it - The 22-Day Revolution is an accessible plan for anyone seeking a healthier lifestyle, to lose weight, or to reverse serious health concerns. The benefits of a vegan diet cannot be overstated, it has been proven to help prevent cancer, lower cholesterol levels, reduce the risk of heart disease, decrease blood pressure, and even reverse diabetes. As one of today's most sought after health experts, exercise physiologist Marco Borges has...

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